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Parking structure scheduled to open in December with 1,180 new spots

By James Ponder

Steve Hertel, executive director of transportation, parking, and traffic for Loma Linda University, says the solution to the chronic parking problems of the campus is just 11 months away.

“We’re on schedule to finish by December 2013,” Mr. Hertel says, referring to a new parking structure under construction at the south end of Lot G on Campus Street. The \$21 million structure will provide an additional 1,180 parking spaces.

“That should bring some relief,” he smiles.

When asked how many cubic yards of concrete the new parking lot will require, Mr. Hertel defers the question to Mike Jolley, project superintendent for Bomel Construction Company, the Anaheim Hills-based contractor on the project.

After consulting his computer, Mr. Jolley tabulates the grand total at 17,521 cubic yards. “It could go higher,” he acknowledges. “Probably closer to 18,000 yards.”

“That’s a lot of concrete!” Mr. Hertel replies.



With Loma Linda University Medical Center in the background, work continues on the \$21 million parking structure designed to alleviate congestion on campus.

“Yes it is,” Mr. Jolley agrees. “Each of those yards weighs 4,000 pounds, and that’s not counting the weight of the rebar.”

During a December 12, 2012, site survey

workers were just filling the first rebar foundation with concrete. But a little more than a month later, all the foundations and first floor columns had been poured. Retaining

walls had also been built at the north and west ends, and the block wall form of the high-speed helix ramp was filled with dirt preparatory to being topped with concrete. Numerous other projects were also either completed or well underway. Giant columns of rebar—the arms that will hold the seven-level structure off the ground—had sprouted like giant metal sculptures all over the space.

“I’m very positive about how it’s going,” Mr. Hertel shares. “We’re extremely pleased with Bomel and the crew they’ve brought in for this project. They build parking structures all over the West. If you’ve ever been to Las Vegas, you’ve probably parked in one of their structures. They’ve built about 75 percent of the parking lots there.”

Getting back to concrete, Mr. Hertel reveals that the crew will be pouring the durable gray substance one or two days a week until the middle of May. “Next week alone we’re going to pour 30,000 square feet of ground-level slab,” he reports.

When told that at 4,000 pounds per cubic yard, the 18,000 cubic yards of concrete required for the entire project will weigh a whopping 72 million pounds, Mr. Hertel breaks into an incredulous grin.

“Seventy-two million pounds?” he asks. “That’s what I call a whole lot of concrete!”

American Heart Association representatives present Fit-Friendly Workplace awards to LLUH executive leadership

By Larry Kidder

Two representatives from the American Heart Association’s (AHA) Western States Affiliate were on hand January 8 to present two awards to the LLUH Living Whole Employee Wellness Program, led by Olivia Moses, DrPH.

Kristie Woock, senior vice president for field operations and development for

the AHA Western States Affiliate, headquartered in Los Angeles, and Nichelle Chiaramonte, business development director for the Heart Walk program’s Inland Empire Office, spoke to the LLUH executive leadership committee (ELC) about the significance of the awards.

The Gold Achievement Award is given to “worksites that fulfill criteria such as offering employees physical activity sup-

port, increasing healthy eating options at work, and promoting a wellness culture,” according to an “About Fit-Friendly” fact sheet from AHA.

LLUH is one of only a handful of Inland Empire organizations to receive the Gold

Achievement award.

“The second award, the Worksite Innovation Award, is actually a step above the Gold Achievement Award,” explained Ms. Chiaramonte to ELC members.

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Sixth international vegetarian congress planned for February

By Heather Reifsnyder

Coming just around the corner is the 6th International Congress on Vegetarian Nutrition, convening at LLU Drayson Center the Sunday through Tuesday of February 24–26. An expected crowd of 700 will learn the latest facts and research on plant-based diets from multiple angles.

The congress gives an influential group of scientists and health professionals the unique opportunity to spread an important health message and learn from one another, according to speaker Neal Barnard, MD, author and founder of the Physicians Committee for Responsible Medicine.

“The program is very, very rich and clinically useful,” he says.

The congress will include three plenary lectures, the first of which will be given by David Jacobs, PhD, Mayo professor of public health at the University of Minnesota, who will discuss understanding the relationship between dietary patterns and longevity.

There will also be symposia covering vegetarian diets in relation to aging, obesity, cancer prevention, omega-3 fatty acids, soy, and the environment, to name several.

Research will also be presented, such as that of Barbara Shukitt-Hale, PhD, of Tufts University, showing that walnuts and berries can prevent or reverse brain aging that diminishes cognition and motor function. A Tufts colleague, Katherine Tucker, PhD, will present research that looks at the complex relationship between fatty acids and osteoporosis.

Other notable presenters include Bharat Aggarwal, PhD, of the University of Texas M.D. Anderson Cancer Center, who will discuss suppressing inflammation for the prevention and treatment of cancer and other chronic diseases.

Registration is ongoing for the 6th International Congress on Vegetarian Nutrition at <www.vegetariannutrition.org>. The cost is \$550 to attend all three days, \$450

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Nichelle Chiaramonte, business development director for the American Heart Association’s “Heart Walk” program at the Inland Empire office, is flanked by Richard H. Hart, MD, DrPH (left), president of Loma Linda University Health, and Olivia Moses, DrPH (right), LLUH employee wellness program administrator. Ms. Chiaramonte presented the Fit-Friendly Worksite Gold and Worksite Innovation Awards during an LLUH executive leadership committee meeting on January 8.

Guenther Foundation awards major grant to University

Contributed report

The Henry L. Guenther Foundation recently approved a grant of \$2.4 million to Loma Linda University Health. This grant provides for the purchase and installation of a cyclotron on campus that will enable the university to build an enhanced imaging system.

"To potentially treat neurological diseases such as epilepsy, we need more detailed imaging of the anatomical sites that trigger epileptic seizures," notes James M. Slater, MD, professor of radiation medicine, School of Medicine, and founding director of the James M. Slater, MD, Proton Treatment and Research Center.

"Our research over the past two decades has shown that proton therapy has the potential to treat various neurological abnormalities," Dr. Slater observes. "Before this therapy can be effective, however, we need to precisely identify central nervous

system anatomical sites with much greater detail. The cyclotron will produce isotopes that localize on this abnormal tissue. Once we know this in greater detail, we can use the precision capacity of proton beams to treat these areas."

"Over a period of several years, the Henry L. Guenther Foundation has seen the potential that proton therapy offers for the treatment of cancer and other diseases," says Richard H. Hart, MD, DrPH, president of Loma Linda University Health. "The Foundation and its Board of Trustees saw the merits of pursuing this area of research, which may enhance medical science's ability to treat neurological abnormalities. Both children and adults who have epilepsy could benefit significantly from this therapy."

"Beyond the patients who suffer with epilepsy," continues Dr. Hart, "we're also concerned about the many military veterans who return from combat affected by persistent, intractable pain."



B. Lyn Behrens, MBBS, then president of Loma Linda University, recognized the Henry L. Guenther Foundation with the Distinguished Humanitarian Award in 1999.

Albin Grohar, PhD, executive director of philanthropy, has worked with the Guenther Foundation for many years.

"The Henry L. Guenther Foundation's officers and trustees are truly humanitarians, and Loma Linda University Health is deeply grateful for this particular grant and for how the Foundation has facilitated research over the years," Dr. Grohar notes.

The Henry L. Guenther Foundation is a

significant philanthropic entity located in the Los Angeles area. It invests its philanthropic resources carefully, choosing medical research avenues to sponsor after great consideration.

In 1999, the Foundation was recognized with the Distinguished Humanitarian Award from Loma Linda University. Prior to this latest grant, the Foundation had awarded Loma Linda \$5.2 million for research over a period of several years.

Donors to School of Dentistry listed on new wall of honor

By Douglas Hackleman

The dental clinic patient waiting area in Prince Hall now hosts a new wall of honor, featuring LED-illuminated panels recognizing the lifetime cumulative giving of generous donors to Loma Linda University School of Dentistry.

School of Dentistry donors are recognized in the following categories:

Benefactor (\$1 million–\$4,999,999);
Founder (\$500,000–\$999,999);
Ambassador (\$100,000–\$499,999);
Pacesetter (\$50,000–\$99,999); and
Patron (\$25,000–\$49,999).

In addition, there are Associate, Friend, Supporter, and Contributor categories with total giving to date of \$13,638,626 in those categories by 6,299 donors. Support by donors for all School of Dentistry funds in all categories by 6,560 donors is more than \$51 million.

Recognition is also given to members of the M. Webster Prince Society, who have indicated to the office of development that they have remembered the School of Dentistry in an estate or lifetime income plan. The details and amount are not required. An encouraging number of alumni families have either indicated they have a plan or distribution has occurred from an estate plan.

On the east wall, donors who make an annual gift of a minimum of \$1,500 to any School of Dentistry fund are recognized as members of the Dean's Circle. Qualifying gifts were made in calendar year 2012 for 2013 membership. For 2013, there are more than 300 members, including students and new alumni.

Other annual giving displays will include gifts to the Alumni Association Century Club, and the dental hygiene Ivory Society.

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Anesthesiology professor to chair Joint Commission board

By Heather Reifsnnyder

Effective January 1, Rebecca Patchin, MD, chairs the Joint Commission's board. The Joint Commission is an independent nonprofit that accredits and certifies more than 19,000 health care organizations and programs in the United States.

Dr. Patchin is an assistant professor of anesthesiology at LLU School of Medicine and a 1989 alumna of the same. Prior to her new appointment as board chair of the Joint Commission, she served six years, starting in 2007, as one of its 31 commissioners.

She was appointed as a commissioner by the American Medical Association, where she also served as a board member from 2003 through 2011. The American Medical Association and other national health care organizations name representatives to the Joint Commission board, which also consists of public members and members-at-large.

For the past four years, Dr. Patchin has also served as a Joint Commission officer—first as secretary for two years and now finishing a term as treasurer.

"The reason I am involved is to improve



Rebecca Patchin, MD

the quality of care patients receive," she says.

In addition to working in the operating rooms at Loma Linda University Medical Center, Dr. Patchin practices anesthesiology and pain management in Riverside.

SAHP dean named fellow of professional association

By Heather Reifsnnyder

Craig Jackson, JD, MSW, dean of the School of Allied Health Professions at Loma Linda University, has achieved recognition as a fellow at the Association of Schools of Allied Health Professions. This national organization represents 112 academic institutions, two professional associations, and approximately 200 individual members.

"I was surprised to be notified by Dr. Thomas Elwood, executive director, that I was voted, along with four other colleagues in the field, to be inducted as a fellow in 2012," Dr. Jackson says. "It is quite an honor and I feel privileged to have been selected."

The Fellows Award recognizes members of the association who have meaningfully contributed to allied health as administrators, educators, clinicians, or researchers. Criteria for selection include leadership, publishing in professional journals, and professional creativity.

A maximum of five fellows yearly are vetted and chosen by the board of directors at the Association of Schools of Allied Health Professions.

"Craig has worked in the health care field for over 30 years, starting as a clinical social worker and progressing to director of social work at Loma Linda University Medical Center," says Richard Talbott, PhD, association president.

"Since accepting the appointment as dean of the School of Allied Health Professions in 2002," Dr. Talbott goes on, "Craig

Jackson has presided over the enrollment growth from 700 to over 1,200 students, and the development and growth of international programs in Japan, Puerto Rico, and Saudi Arabia."



Dr. Jackson is one of five leaders in the allied health field named fellows in 2012 by the Association of Schools of Allied Health Professions. The other leaders sharing the honor include Allan Johnson, PhD, Howard University; Yasmen Simonian, PhD, Weber State University; Deborah Larsen, PhD, Ohio State University; and Sharon Stewart, EdD, University of Kentucky.

Sixth international vegetarian congress planned for February ...

Continued from page 1

for two, and \$350 for one. Abstracts, the program schedule, and more information about speakers are also available at the website.

In addition to the formal program, there are several extra educational and social activities for which participants can also register. These include a pre-conference roundtable

discussion Saturday night exploring the interface between science and values in vegetarianism, as well as a vegetarian cooking demonstration Sunday with chefs.

The 6th International Congress on Vegetarian Nutrition is presented by Loma Linda University School of Public Health department of nutrition. It occurs once every five years.

LLUSP program assists local underserved senior citizens

By Stephen Vodhanel

Loma Linda University School of Pharmacy continues to send students, faculty, and staff to local TELACU

senior housing communities to assist with helping underserved seniors choose wisely among the many Medicare Part D prescription drug plans.

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The School of Dentistry clinic waiting area now features donor panels recognizing the special group of people who have donated to the school.

Donors to School of Dentistry listed on new wall of honor ...

Continued from page 2

Donors on these displays are recognized at the following levels: Bronze: \$100–\$499, Silver: \$500–\$999, and Gold: \$1,000-plus. “These attractive panels are just one small way we can recognize and thank those who so loyally demonstrate their

support for the School of Dentistry,” states Charles Goodacre, DDS, MS, dean of the school. “The panels comprise a stunning display of alumni generosity. Please take some time to examine them when you are visiting the School of Dentistry.”

NIH awards grants to School of Medicine faculty

By Penelope Duerksen-Hughes

The National Institutes of Health recently announced two new awards totaling almost \$4 million to researchers within the department of basic sciences in the School of Medicine. John Zhang, MD, PhD, received \$1,957,000 from the National Institute for Neurological Disorders and Stroke for his study titled “Harness Germinal Matrix Hemorrhage.” One in every 300 newborn babies in the United States will have bleeding inside the brain tissues during or immediately after labor. This bleeding may either kill the infant or cause lifelong disabilities that will not only affect the baby, but will also impact the lives of parents and the communities that raise, teach, and care for these individuals. Dr. Zhang’s proposal will answer why bleeding in the brain causes water accumulation (hydrocephalus), which damages surrounding brain tissues and leads to long-term disability. Current surgical treatment (shunting) is invasive. His proposed non-invasive pharmacological treatment strategies, if proven beneficial, will potentially impact the clinical management of this condition. Hansel Fletcher, PhD, received an award of \$1,840,500 from the National Institute of Dental and Craniofacial Research for his proposal titled “ECF Sigma Factors in Adaptation and Virulence of Porphyromonas gingivalis.” The goal of this research is to characterize the system(s) that allows the pathogen

Porphyromonas gingivalis to sense and adapt to the harsh environmental conditions of the periodontal pocket. The success of this bacterium as an important cause of gum disease suggests that these systems are vital for its survival. Essential components of these systems are prime targets for the development of novel therapeutics that will have a positive impact on human health. Other School of Medicine researchers recently awarded external funding include the following: Wayne Dysinger, MD, MPH, for his proposal titled “Loma Linda University Integrative Medicine Program;” Andrea Pardo, MD, for her proposal titled “Transcriptional mechanisms underlying hypoxia-induced white matter injury during early postnatal development;” Kimberly Payne, PhD, for her proposal titled “Role of TSLP in pediatric B-ALL with deregulated CRLF2 expression;” Denise Bellinger, PhD, for her proposal titled “Conventional vs. religious psychotherapy for major depression in patients with chronic illness;” Kerby Oberg, MD, PhD, for his proposal titled “Characterization of the Lmx 1b regulome during limb development;” Hamid Mirshahidi, MD, for his proposal titled “A phase 1, open-label, multiple-ascending-dose study of DS-2248, an orally bioavailable heat shock protein 90 inhibitor, in subjects with advanced solid tumors;” and Eba Hathout, MD, for her proposal titled “Detection of human beta cell death in T1DM by methylation-specific PCR.”



Dr. Yamzon and several students counsel a senior at the San Bernardino TELACU senior residence.

Orthotics and prosthetics program initiates students



Students in the newest academic program in the School of Allied Health Professions—an entry-level master of science degree in orthotics and prosthetics—initiated each other into their future profession by a new type of ceremony for the LLU campus. Some academic programs offer a jacketing or pinning ceremony to usher their students into their professional calling. The orthotics and prosthetics students chose a different approach: an apron ceremony. The ceremony is meant to exemplify the mission of the degree, which is “to graduate students equipped and capable of creating a culture of service” within the context of their biomechanical interventions of the profession, according to Hans Schaepper, MDiv, program director and board-certified prosthetist orthotist. The students in the top photo compose the class of 2014 and received maroon aprons. They will be the first group to graduate with this new degree. The class of 2015 in the bottom photo received blue aprons. By Heather Reifsnyder

Wellness Way dedicated on second floor of LLUMC

By Larry Kidder

A group of employees and Loma Linda University Health administrators gathered in the hallway overlooking the Loma Linda University Medical Center lobby.

The simple ceremony dedicating the space on January 14 was occasionally interrupted by individuals dressed in scrubs hurrying to the operating room around the corner or to some important task.

About 40 individuals attended the event, standing quietly in the hallway lined with giant photos with many familiar faces.

The Living Whole Employee Wellness Program has been working to improve the health and wellness of LLUH employees for

more than half a decade. Led by Olivia Moses, DrPH, program administrator, the program has been steadily growing until it now has seven employees, including Dr. Moses.

Areas of fitness, nutrition, mental, and spiritual health have been the focus of the employee wellness program, as it seeks to share the same principles of wellness with its own employees that have been a major part of Loma Linda University Health's history since 1905.

Four individuals, who are all members of the LLUMC aesthetics committee, were responsible for the concept and realization of the Wellness Way.

Dr. Moses was joined in the conceptualization and planning by Shelly Moore, manager of communications for LLUMC

mission and culture; Kathy McMillan, MA, director of employee spiritual care and wholeness, LLUMC; and Long Duong, senior facility planner, LLUMC.

The hallway, bordered by Schumann Pavilion on one end and Loma Linda University Children's Hospital on the other, is currently flanked by 13 larger-than-life photos of familiar LLUH administrators and health-minded employees.

Plans are under way to add more photos and other features to the Wellness Way, according to Dr. Moses. The plans will

become a reality later this year, as photographer Mike Easley takes more photos and additional posters are created.

"This area was chosen," explains Ms. Moore, "because it is already part of one of the walking routes put together by Dr. Moses and her team to encourage employees to walk during their breaks."

The Wellness Way can best be reached by taking the elevators in Schumann Pavilion, around the corner from the LLU Cancer Center, up to the second floor and turning to the left.



Members of the LLUH executive leadership committee, along with individuals from areas receiving Wholeness Honors from the Living Whole Employee Wellness Program, were invited to be photographed and featured in giant photos displayed on the walls of the Wellness Way. The left photo above features employee Debi Glaser, medical massage specialist at LLU Drayson Center. The familiar individual in the right photo is Richard H. Hart, MD, DrPH, president of LLUH.



Gerald Winslow, PhD (right), vice president for mission and culture, Loma Linda University Medical Center, shares some thoughts during dedication ceremonies of the Wellness Way, located on the second floor of LLUMC overlooking the main lobby. With him are Mark Hubbard (left), vice president for risk management, LLUH, and Olivia Moses, DrPH, administrator for the LLUH Living Whole Employee Wellness Program.

LLUSP program assists local underserved senior citizens ...

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Titled the Partners-in-D program, the community service began in 2007 with a three-year grant by the Amgen Foundation. Through the outreach, the School of Pharmacy has guided hundreds of seniors through the complicated Medicare Part D drug prescription plans—at times saving seniors more than \$2,000 a year in drug costs.

According to Joycelyn Yamzon, PharmD, assistant professor, School of Pharmacy, and principal investigator of the Amgen Foundation Grant since 2008, the school had such a good relationship with the staff and seniors at the centers that TELACU administrators asked for representatives from the school to return even after the grant expired.

"The experience provides great teachable moments for our pharmacy students by taking the school into the local community," says Dr. Yamzon. "More importantly, the outreach assists many seniors with important cost-saving Medicare Part D drug plans, and we are also able to provide valuable drug information to seniors who often have many questions."

"It actually never occurred to us that this community service would end. The TELACU Partners-in-D service will remain

as a teaching activity for our pharmacy students and as a service to the underserved senior community."

TELACU lead social services coordinator Elizabeth Flores is emphatic regarding the value of the School of Pharmacy's Partners-in-D community service for local seniors.

"Overall, the Partners-in-D workshops have been very beneficial to our residents for many reasons," states Ms. Flores. "Seniors get opportunities each year to meet with students and professors from the LLU School of Pharmacy to update this very important enrollment process. Seniors get their medications reviewed and explained, and have other questions answered. Also, many seniors get additional health information and are often referred back to their family practitioner on the advice of the pharmacists."

"Speaking on behalf of the seniors, they always state that, without the help of the School of Pharmacy students and teachers, they would be lost with the Medicare Part D enrollment process," concludes Ms. Flores. "Seniors also love the attention and the visits by the young students, and the Partners-in-D community service has become something we all look forward to every November."

Weeklong allied health celebration brings school spirit



School of Allied Health Professions students, such as physical therapy student Michael Hashemi, enjoyed the benefit of free boba drinks as one of the activities marking School Spirit Week and National Allied Health Professions Week, celebrated November 5-9. Passing out the drinks is Michelle Pecheck, nutrition and dietetics student as well as public relations vice president for the school's student association, which provided the treats. The school also marked the week with Mustache Monday and luncheon, Patriotic Tuesday (also election day), and Allied Health Wednesday. On Thursday, the school hosted a Mission Film Fest, during which the Damazo Amphitheater at the Centennial Complex filled nearly to capacity while short documentaries were shown featuring the school's outreach work in Haiti. On Friday, alumni and students of the school had the opportunity to attend Loma Linda University Health's 5th Annual Laryngectomy Conference.

AHA representatives present Fit-Friendly Workplace awards ...

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According to the same AHA document, the Worksite Innovation Award is "given to a worksite that achieves all criteria for gold-level recognition and leads the development and implementation of innovative, effective programs that promote physical activity specifically in the workplace."

The national list of fit-friendly worksites is published, on alternate years, in the *Wall Street Journal* or *Forbes* magazine. LLUH

was one of only two organizations in its region to receive the second award.

As was mentioned in an earlier addition of *LLUH Today*, the awards were published in the November 16 issue of *Riverside's The Press Enterprise*.

For more information and a list of 2012 worksite winners, go to <www.startwalkingnow.org/start_workplace_fit_friendly.jsp> and click on the link to the 2012 Fit-Friendly Worksites honor roll.



Melinna Galbraith (left), Madison Rojer (second from right), and Gabi Galbraith (right) smile moments after delivering toys for patients at Loma Linda University Children's Hospital. Melinna and Madison asked for gifts or money for hospitalized kids instead of presents for themselves at their birthday parties this year.

Alta Loma girls demonstrate selfless love for young patients

By James Ponder

Two Alta Loma girls recently decided to do something different for their birthdays.

The idea originated with Madison Rojer, a tenth grader from Los Osos High School, who asked friends to donate money to help others instead of bringing presents to her birthday party.

One of those friends was Melinna Galbraith, an 11-year-old sixth grader from Deer Canyon Elementary School in Alta Loma. Melinna liked the idea so much that she instructed the 12 girls she invited to her birthday party to bring unwrapped gifts for disadvantaged children instead of

presents for herself.

"A lot of them probably thought we were going to do something for the less-fortunate children in our community," Melinna's mother, Valerie, recalls. "But Melinna thought kids in the hospital might enjoy getting a present, so she wanted toys to bring to patients of Loma Linda University Children's Hospital. I think they brought two or three presents apiece."

"My friends helped out a lot," Melinna reports. "I was really happy with all the toys they bought. They were all wondering why I was doing this. I just told them because I had enough toys and wanted to do something nice for others. My family says these are 'heart happy' moments, so that's what I wanted to feel."

Madison says the girls basically just wanted to make others happy.

"Giving back to the community is a heartwarming experience," she notes.

"The reason I wanted to donate to the hospital was to make kids who are sick smile," she shares. "My mom said sometimes it's hard to smile when you don't feel well and I thought a present would give them a reason to be happy."

Valerie Galbraith says the family's initial amazement at Melinna's generosity soon gave way to joy.

"For her to come out, all on her own, and have a party where the toys all went to hospitalized children was a big surprise for her father and me," she recalls. "We kept saying, 'Are you sure?' But when she insisted she wanted to do this, we were really happy, indeed."

On a recent Wednesday morning, Madison, Melinna, Valerie, and Gabi, Melinna's older sister, delivered a large plastic box full of toys, games, and movies to patients at Loma Linda University Children's Hospital.

Child life specialist Dorothy Clark Brooks, MA, met the girls and received their gifts on behalf of the patients.

"Dorothy took us on a little tour of the first floor," Valerie notes. "We visited the schoolroom, the movie area, and outside playhouse, and she introduced the girls to several hospital employees."

Ms. Brooks says Madison and Melinna deserve lots of appreciation for their kindness.

"It is natural to look forward to the gifts that friends will bring for your birthday party," she explains. "What is rare and not so natural is to meet teens who have requested that the gifts for their birthdays be gifts for children in the hospital."

"I know that Melinna Galbraith and Madison Rojer don't believe that making this choice for their birthdays was a big deal," Ms. Brooks continues, "but at Loma Linda University Children's Hospital, we think it was a BIG deal."

She continues, "Melinna and Madison displayed hearts of gratitude and service in their decision to collect gifts for our patients. We have been blessed by their gifts and the selfless example they have displayed on the occasion of their birthdays."

For their part, the girls say they got a lot out of the experience.

"Delivering the toys was fun," Melinna says. "Everyone was so nice and happy to get the toys. It was nice to see where the kids got to play or watch a movie. I felt proud of myself and was glad I made the decision to donate."

"It was a great experience," adds Madison. "I wished I could have done more!"

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Saturday, March 2, 2013, 7:30 p.m.
Loma Linda University Church
11125 Campus Street, Loma Linda

Sponsored by the Alumni Association of Loma Linda University School of Medicine

Transplant kids ride Rose Parade float

Contributed report

Leilah Dowsari, known to the world as Baby Eve at the time of her heart transplant at Loma Linda University Children's Hospital at only 17 days old, smiled warmly at the crowd from the Donate Life float during the 2013 Tournament of Roses parade.

The parade theme: "Oh, the places you'll go!" joyfully reflects her journey. In 1986, Leilah became the first female infant heart transplant recipient, and in August 2011, she had a baby of her own.

Also riding the float was 12-year-old Ernesto Bravo Chavez, who received a kidney transplant at LLU Children's Hospital when he was 5 years old.

An audience of approximately 700,000 people lined the parade route in Pasadena, with as many as 39 million watching on television and via online streaming.



Leilah Dowsari, better known to the world as Baby Eve, waves to the crowds lining the route of the 2013 Rose Parade on January 1. Leilah was the first female infant to receive a heart transplant by cardiothoracic surgeon Leonard Bailey, MD, and his team.



Ernesto Bravo Chavez, age 12, of Palm Springs, received a kidney transplant when he was 5 years old. He has since become very close to the family of his donor, Gabriel Barajas, of Los Angeles, an Iraqi War veteran who was part of the Special Forces Team that captured then-Iraqi President Saddam Hussein. Mr Barajas died in an accident in 2005.



Photos courtesy of Scott Weersing

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Calimesa Community Concerts

Guild celebrates Christmas at LLU Children’s Hospital

By James Ponder

Members of the Big Hearts for Little Hearts Loma Linda Guild treated Loma Linda University

Children’s Hospital patients, family members, and friends to a special Christmas concert in the lobby on Thursday, December 13. According to Guild President Dolores



The dynamic ukelele/vocal duo of Miranda and Kaitlin rehearses before taking the stage to sing “Feliz Navidad” to patients and guests of Loma Linda University Children’s Hospital on December 13.

Aeberli, the concert is an annual tradition the Guild initiated several years ago to coincide with a special lighting ceremony for the Tree of Hope. “We wanted to provide an opportunity for patients to come downstairs and hear some good music, relax with family and friends, and enjoy the holiday spirit,” Ms. Aeberli says.

After the performance, guests were treated to a variety of desserts and drinks. The Big Hearts for Little Hearts Loma Linda Guild was founded to raise awareness and support for Loma Linda University Children’s Hospital, which provides life-saving care for critically ill or injured children.



Wanda and Todd Nelson (center) join a group of youthful guitarists to bring the holiday spirit to Loma Linda University Children’s Hospital on December 13. Big Hearts for Little Hearts Loma Linda Guild sponsored the concert.

81st Annual Postgraduate Convention
Sponsored by the Alumni Association, School of Medicine of Loma Linda University
March 1-4

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Terry Paulson, PhD

R. Shawn Martin

Jack W. Pronvonsa Lectureship—Friday, March 1, 8:15 a.m., Centennial Complex, Level 4
Edmund D. Pellegrino, MD | Senior Research Scholar, Kennedy Institute of Ethics; Professor Emeritus of Medicine & Medical Ethics, Georgetown University, Organized by Center for Christian Bioethics

Friday Evening Vespers—Friday, March 1, 7:00 p.m., Loma Linda University Church
Judge Daniel Nsereko | Judge of the Special Tribunal for Lebanon, Appeals Chamber the Hague, Netherlands

APC Gala—Monday, March 4, 7:00 p.m., Dinner; Doubletree Hotel, Ontario Airport
Terry Paulson, PhD | Dr. Paulson’s tasteful humor and down-to-earth style have earned him a deserved reputation as one of the nation’s best and funniest keynote speakers

Walter Macpherson Memorial Lectureship—Monday, March 4, 8:00 a.m., Centennial Complex, Level 4
R. Shawn Martin | V.P. of Advocacy and Practice Advancement American Academy of Family Physicians

Saturday Night Concert

The Aeolians of Oakwood University, USA World Choir Champs of the 2012 Choir Games
Saturday, March 2, 7:30 p.m., University Church

Register for APC online at www.llusmaa.org.

SPH professor teaches course in United Arab Emirates University

Contributed report

The International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA) recently recruited Larry Beeson, DrPH, professor in the epidemiology, biostatistics, and population medicine department in the Loma Linda University School of Public Health (SPH) to help teach an epidemiological methods course to a group of Muslim students. The students are in a newly formed master of public health (MPH) degree program at the United Arab Emirates University (UAEU) which is located in the city of Al Ain in the Abu Dhabi Emirate of the UAE.

According to Dr. Beeson, this new MPH degree program is under the direction of Daniel Handsides, DrPH, assistant professor in the health promotion and education department in the LLU School of Public Health.

Says Dr. Beeson, “This UAEU MPH degree program is training these bright students to help improve the health of the various communities in the gulf region.”

ICPA is a nonsectarian, nonpolitical organization placing the spotlight of science on alcoholism and other drug dependencies. The organization also seeks to reveal the impact of such dependencies upon the economic, political, social, and religious life of the nation and point up effective preventive actions. The executive director of ICPA is Peter Landless, MD, who is also the associate director, Health Ministries, General Conference of Seventh-day Adventists.



Riders play Santa to patients at LLU Children's Hospital for 20th year in a row

By James Ponder

As they have every December for the last two decades, big-hearted bikers from Southern California and Arizona rode their Harleys, Hondas, and other street cruisers to the 20th annual Loma Linda University Children's Hospital Toy Run on Sunday, December 16.

The annual event is a joint project of the Motorcycle Riders Association, Elsinore Valley Touring Riders, Quaid Harley-Davidson, Black Sheep Harley-Davidsons for Christ, Chaparral Riders, Legion Riders

of the American Legion, Loma Linda Harley Owner's Group, 9-1-1 Riders Emergency Services Motorcycle Club, Norwalk Centaurs Motorcycle Club, Pathway Riders of the Christian Motorcyclists Association, Patriot Guard Riders, and Temecula Valley Harley Owner's Group. Altogether, an estimated 250 people attended the toy run.

While officials of Quaid Harley-Davidson hauled thousands of toys to the event by truck, bikers from all over Southern California, and a few from Arizona, gathered in the parking lot of the Quaid dealership on Redlands Boulevard for the final ride

to Children's Hospital. When all the riders were ready to go, they lined up behind Santa on his big black Harley for the final two miles.

In addition to sharing love and holiday cheer in the form of colorful presents, bikers delivered \$4,000 to benefit the patients, many of whom waved from windows in upstairs patient units.

As the crowd admired the bikes, Tiffany Hoekstra, senior development officer for Loma Linda University Children's Hospital Foundation, welcomed attendees to the event, and thanked the bikers for 20 years of

unflagging support for the children.

After a representative of the Black Sheep Harley-Davidsons for Christ motorcycle club offered the opening prayer, George Ashley, the father of a boy who died waiting for a transplant 20 years ago, told how his son's death catalyzed the family to raise funds in support of hospitalized children. When Mr. Ashley finished, a representative of the Temecula Valley Harley Owners Group went forward to claim the prize for the club with the most members present, and the Quaid family was honored for ongoing support of the health care needs of Inland Empire children.

Despite the fact that grownups planned and coordinated the Toy Run, the undisputed star of the day was 8-year-old Kimie Metcalf, a Children's Hospital patient. Kimie stole the show for the winsome way she drew tickets for prize drawings and verified winning numbers.

"We have a match!" she confidently proclaimed into the microphone after scrutinizing each presenting ticket. The crowd roared its delight.

At the end of the day, Jill Payne, MBA, newly appointed executive director of the Loma Linda University Children's Hospital Foundation, expressed her appreciation to the bikers for their long-term commitment to the children of the Inland Empire.

"It is absolutely incredible," Ms. Payne said, "to see all of the motorcycle groups and individuals out here to support our precious patients at Loma Linda University Children's Hospital. A huge 'thank you' to the Motorcycle Riders Association and Quaid Harley-Davidson for spearheading this event for the last 20 years! Seeing the smiles on the faces of the children when the riders and Santa arrive is wonderful. Thank you all for making a difference in the lives of your community's children."

(more photos on page 9)



The street in front of Loma Linda University Children's Hospital transforms into a boulevard of horsepower and machismo once a year during the Motorcycle Riders Association-sponsored Toy Run. In answer to the prayers of riders, the predicted rain did not start until the event ended.



Mark Frances dressed his Harley-Davidson road bike for the 20th annual Loma Linda University Children's Hospital Toy Run and took top honors in the "Best Decorated Motorcycle" competition.

Campus walkers earn Arthritis Foundation recognition

By Heather Reifsnnyder

The Inland Empire office of the Arthritis Foundation gave its 2012 Partners in Progress Award to Loma Linda University Health in recognition of high participation in the foundation's Walk

With Ease program.

With nearly 400 walkers on campus, LLU Health far outpaced other area participating organizations in Walk with Ease. According to the Arthritis Foundation, the program—which asks participants to walk three times per week for six weeks—reduces

pain while improving flexibility, strength, balance, and overall health.

The program was open to both individuals with arthritis and those seeking other health benefits of walking.

"A lot of people with arthritis think they can't exercise," says Olivia Moses, DrPH, administrator for LLU Health's Living Whole employee wellness program, a system-wide strategy to help all staff reach their best health. "But an appropriate exercise program can have great benefits.

"This was our first try participating in Walk with Ease, and we were very excited to have been involved," she adds.

The Living Whole campus wellness program offered Walk with Ease during the summer to employees at three locations across LLU Health: the LLU Behavioral Medicine Center, LLU Medical Center—East Campus, and LLUAHSC Support Building.

Participants received a *Walk With Ease* guidebook as well as incentives such as safety whistles and first aid kits.



During its December 4 recognition banquet and Christmas party, the Inland Empire office of the Arthritis Foundation bestowed the Partners in Progress Award to Loma Linda University Health. Posing with the award at the dinner are Emmanuel Peter Katsaros, DO, rheumatology program director, LLU Medical Center; Kris Sutton, assistant to the LLU Health's Living Whole employee wellness program; Olivia Moses, DrPH, administrator of Living Whole employee wellness program; David Hahn, chair of the Arthritis Foundation Inland Empire Advisory Board; and Monica Caraballo, executive director of Arthritis Foundation Inland Empire.

Rotation in Malawi opens for surgery residents

Contributed report

Loma Linda University Health has established an overseas rotation opportunity for its general surgery residents. Fourth-year residents may choose to spend two months at Malamulo Hospital in Makwasa, Malawi, operating under the direction of Ryan Hayton, MD, assistant professor of surgery and class of 2005 alumnus, LLU School of Medicine.

As a result, the 15 million people living in Malawi will have greater opportunity to undergo necessary surgeries. Currently, the entire country has just eight general surgeons.

The first resident to rotate at Malamulo Hospital was Matt Roos, MD, who is also a 2009 School of Medicine alumnus. He performed procedures ranging from prostatectomies to esophagectomies.

"The level of acceptance my patients and their families showed for their condition

and the treatments I chose for them was very memorable," he says, recalling one particular cancer patient who endured major surgery, painful procedures, and a long recovery.

"As the time of his hospitalization increased," Dr. Roos says, "I expected his patience to wane and his hope to falter. But he was truly brave and his strength inspired me. He trusted me unwaveringly to do what was best for him. I was humbled by that responsibility."

Upon his return, Dr. Roos gave a presentation at Surgery Grand Rounds in which he outlined his experience. He said, "As much as I helped people in Malawi, the biggest impact was on me."

The rotation at Malamulo Hospital is financed in part by a grant from the Martinson Clinic Foundation, which was created by Harold Martinson, MD, a 1942 graduate of LLU School of Medicine.

Loma Linda University Medical Center–Murrieta officially designated as a not-for-profit organization

By Briana Pastorino

Loma Linda University Medical Center–Murrieta has officially changed its status from a “for profit” organization to “not-for-profit.” The change was effective January 1, 2013, and has no direct impact on day-to-day operations.

“We are excited about this new development in our history,” says Richard Rawson, MBA, hospital CEO. “This new status will give us the opportunity to become more deeply engaged with our community through charitable program development, auxiliary work, guilds, and our volunteer programs.”

This change in status means that profits generated by LLUMC–Murrieta will be redirected into the Murrieta community in the form of added services, outreach, and philanthropic activities.

Loma Linda University Medical Center–Murrieta started as the dream of a group of dedicated physicians and members of the community. Together, after forming the corporation Physicians Hospital of Murrieta (PHM), LLC, which had a for-profit status, they raised the needed funds to start the project.

In 2007, Loma Linda University Medical Center became a partner in the joint venture, and in 2011 federal legislation made it necessary for LLUMC to become the sole owner of the Murrieta facility.

“Becoming a not-for-profit organization was the next important step to continue our ongoing growth and development in the community,” says Ruthita Fike, MA, CEO of Loma Linda University Medical Center and chair of the LLUMC–Murrieta Board. “We are looking forward to a bright future for this campus as it grows and adds new services.”



Loma Linda University Medical Center–Murrieta successfully changed its status to not-for-profit, effective January 1, 2013.

(more photos from LLUCH Toy Run, continued from page 8)



(From left): Steve Taylor, emcee of the 20th annual Loma Linda University Children’s Hospital Toy Run, joins Glenn Quaid and his nephew, Brandon Quaid, for a commemorative photograph recognizing the first family of Inland Empire motorcycling for their commitment to the region’s children.



Here is a small section of the hundreds of toys bikers brought to the patients of Loma Linda University Children’s Hospital during the 20th annual Toy Run. The California sugar pine toolboxes under the table were handmade by David Santos.

AFRICAN AMERICAN SEVENTH-DAY ADVENTISTS: Healers in a Multi-Cultural Nation

SABBATH, FEBRUARY 16, 2013

First Service - 9:00 am
DR. MERVYN WARREN
Dean, School of Religion, Oakwood University

CHURCH SERVICES
Loma Linda University Church

PANEL DISCUSSION
3 pm - Damazo Amphitheatre, Centennial Complex, Loma Linda Campus

Dr. Benjamin Baker

Dr. Andy Lampkin

Dr. Andrea Trusty King

Mr. Anthony Paschal

Dr. Maury Jackson

Dr. Calvin Rock
Vice President, General Conference of SDA (Retired)

Second Service - 11:45 am

Daughters of Zion

VESPERS
4:30 pm
GOSPEL CONCERT
Loma Linda University Church
Sponsored By:

LOMA LINDA UNIVERSITY
School of Religion
THE ART THAT HEALS
Humanities arts and lecture series
For more information, contact Dr. Romona Hyman at 909-651-5097 or email rhyman@llu.edu

Valley Crossroads Choral

Miss Junior Teen Murrieta 2013 hosts toy drive to benefit LLU Children’s Hospital

Contributed report

Maylani Bussey, reigning Miss Junior Teen Murrieta, was inspired to do something for kids who had to be in the hospital during the holidays, and so she took action. The stuffed animals and dolls and games

collected during a toy drive she organized are now cheering hospitalized kids at Loma Linda University Children’s Hospital. In December, toys were collected at two locations: the Grace Mellman Community Library and at Maylani’s school, River Springs Charter School. When asked about the inspiration for

her toy drive, Maylani says, “Kids in foster care have to go to the hospital sometimes and I thought, kids in hospitals need new toys too. That’s where the idea came from. I am so happy to be doing this for Loma Linda University Children’s Hospital. I hope the toys will give them joy.” The toys were delivered to Loma Linda

University Medical Center–Murrieta in late December, and transported to the LLU Children’s Hospital in Loma Linda, about 42 miles north of the new Murrieta facility. Rick Rawson, CEO and President of LLUMC–Murrieta enthusiastically states, “We are inspired by Maylani, not only for her dedication to her community but for her thoughtfulness in organizing this toy drive. Her efforts and the gifts from this community will bring tremendous blessings to LLUCH and their young patients.”



Above photo: Miss Junior Teen Murrieta (front row, second from right, wearing tiara), organized a toy drive to benefit pediatric patients at LLU Children’s Hospital. Present to meet Maylani and her coterie at Loma Linda University Medical Center–Murrieta were (from left): James Uli, chief financial officer; Bonita Weeks, director of volunteer services; Michael Knecht, MDiv, executive director, mission and culture; Liz Dickinson, MPH, senior vice president for clinical operations; and Richard Rawson, MBA, chief executive officer.

Left photo: Maylani Bussey (right), Miss Junior Teen Murrieta, and her younger sister, Lanae Bussey (left), pose with a young friend. The sisters delivered toys for kids at LLU Children’s Hospital to LLU Medical Center–Murrieta.

Open house showcases outreach organizations . . .

Continued from page 12 location is also convenient for the international visiting professionals who do not have transportation for the two months they spend learning here in Loma Linda. A third advantage is a shared focus on outreach: the ICP enhances local relationships within the Inland Empire, while GHI and SIMS work with international programs and projects. According to Mo O’Reilly, MBA, project manager for GHI, the organizations are

located in three houses formerly occupied by the department of research affairs on Prospect Avenue. “This way we can work together to achieve our similar, yet distinctive objectives,” she notes. Offices of GHI and SIMS previously occupied Nelson House on Campus Street before that building was razed to make room for a parking lot. The ICP moved from Nichol Hall. In describing the work of ICP, director

Please turn to page 11

LOMA LINDA UNIVERSITY HEALTH
A Seventh-day Adventist Organization

Watch the all new episodes now online:

lomalinda360.com

LOMALINDA 360 TV Show

New "Loma Linda 360" TV show to air

Featuring stories of hope and courage, Loma Linda 360 is an inspiring look into the resilience of faith and a celebration of life. Season 2 of the award-winning TV show is now airing on KVCN-TV.

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Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University Health to publish interim reports on campus crime activities. Listed below are the crimes reported for the months of November–December 2012.

Type of Crime	Number of Crimes	Place of Crime
Assaults and Battery	2	Behavioral Medicine Center; Medical Center
Burglary	1	Mt. View Plaza N
Vehicle Burglary	9	Medical Center; Lot A Annex; Lot D; Drayson Center (3); Lot X, Lot V; Professional Plaza
Auto Theft	15	Nichol Hall; Parking Structure (4); Security; Lot J; East Campus; Lot X (2); Lot A (4); Lot A Annex
Threats	2	Medical Center; West Hall
Harassment	1	Medical Center
Disturbing the Peace	2	Evans Hall; Loma Linda Inn
Drug Possession	2	Children’s Hospital; Landscape Dept.
Larceny (bicycle)	1	Drayson Center
Forgery	1	Medical Center
Indecent Exposure	1	Children’s Hospital
Posession of Stolen Property	1	Del Webb Library

You can assist the Department of Security in maintaining a safe and secure environment by notifying Security immediately at extension 911 if you see or know about a crime taking place.



Officers of the Global Health Institute, Institute for Community Partnerships, and Students for International Mission Service recently held an open house at their new location on Prospect Street. From left are Nery Pereira, Mo O'Reilly, Jan Zumwalt, Amanda Biddle, Emelly Rosspencer, Cheryl Lake, Bing Frazier, J.C. Belliard, and Katie Dambrun.

Open house showcases outreach organizations ...

Continued from page 10

J.C. Belliard, PhD, says it serves as a bridge between Loma Linda University Health and the surrounding community.

"Our purpose," Dr. Belliard observes, "is to ensure that Loma Linda University Health is relevant and responsive to the local community."

To do that, ICP offers service learning and community-based participatory research to faculty and staff, provides opportunities for service learning and civic engagement to students, and assists the community through community health workers and pipeline programs to the health professions.

"We want the Institute for Community Partnerships to be an accessible place for staff, students, faculty, and community members—a place where ideas can be shared and synergies created through partnerships focused on improving the health and wellbeing of our community," Dr. Belliard explains.

According to Ms. O'Reilly, the Global Health Institute encompasses five major emphases.

"First," she reports, "the international service program allows our employees and other health professionals to volunteer to serve the needs of individuals at hospitals, colleges, and clinics around the world. We average 600 professional volunteers a year.

"Second," she continues, "the international visiting professionals program hosts 100 to 150 health care personnel from affiliated institutions each year. They come here for a mentorship or training program from two months to one year. Bing Frazier is in charge of that." Ms. Frazier is program manager for international visiting professionals.

"Third," Ms. O'Reilly goes on, "we maintain an equipment and supplies warehouse where materials that are no longer needed at the Medical Center or Children's Hospital are repurposed and redirected to Loma Linda's projects overseas. This is one area that Jerry Daly oversees." Mr. Daly, who holds MA and MSLS degrees, is associate director of the GHI.

"Fourth," she adds, "we are involved in project management for several international endeavors." She cites the China project at Sir Run Run Shaw Hospital and Zhejiang University Children's Hospital, and involvement with the LLU Malawi Field Station.

"Finally," she concludes, "Students for International Mission Service, which is part of GHI, coordinates a variety of programs for LLU students."

To accomplish those ends, students are directed to either the I-Serve program or a group trip. In the first, individual students volunteer in areas related to their health profession to serve at a mission hospital in a developing country for a minimum of four weeks. In the second, they travel in interdisciplinary groups to underserved communities for one to three weeks.

"Basically, SIMS incorporates international service opportunities into students' academic experience," explains Emelly Rosspencer, MPH, director. "Students serve in underdeveloped areas around the globe in communities with limited or no access to health care and health education."

To date, group trips have served the people of Africa, Asia, and Central and South America. Both the I-Serve program and group trips provide LLU students with opportunities to learn about cultural competency and the cultural constraints of illness and healing in a foreign health care setting. Approximately 300 to 400 students participate in SIMS trips each school year.

For more information on programs and services of the three organizations, contact them directly:

Global Health Institute:
By phone (909) 558-4420
Online at www.lluglobal.com

Institute for Community Partnerships:
By phone (909) 558-7754

Students for International Mission Service:
By phone (909) 558-8089
Online at www.lluglobal.com

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LOMA LINDA UNIVERSITY
Office of Planned Giving

When life gives you kidney stones, drink diet lemonade

By James Ponder

The old saying “When life gives you lemons, make lemonade” may be time-tested folk wisdom, but researchers from the Loma Linda University School of Medicine contend they have a better proverb for people suffering from a common urologic disorder.

“When life gives you kidney stones,” they say, “drink diet lemonade.”

According to Duane Baldwin, MD, professor of surgery, and Gaudencio Olgin, MD, fellow in endourology, researchers recently spent six weeks collecting urine specimens from 13 study participants to compare the effects of regular and diet lemonade on levels of citrate, a salt of citric acid that plays an important role in fighting kidney stones.

“Although there are many causes of kidney stones,” Dr. Baldwin explains, “two common causes include dehydration and too little citrate in the urine. The hypothesis that drinking two liters per day of regular lemonade inhibits

kidney stones has been tested and found to be true. We wanted to know whether diet lemonade has the same effect.”

Dr. Olgin notes that diet lemonade offers significant advantages over the sugar-laden regular version of the popular drink.

“Two liters of regular lemonade contains 800 calories,” he notes. “The same amount of diet lemonade contains only 40 calories.”

He adds that while the higher caloric intake from regular lemonade may result in weight gain for patients who drink it on a regular basis, the diet variety not only reduces that risk but also lessens the likelihood of other complications for people with diabetes and related disorders.

Researchers randomly selected the brand of products to test.



“We chose Minute Maid lemonade,” Dr. Baldwin reports, “for both diet and regular; picked it off the shelf.”

All 13 study participants—seven male and six female physicians, nurses, residents, and medical students—were screened to make sure they had no history of urinary stones or metabolic diseases. Throughout the duration of the study, they were fed a special diet customized by Georgia Hodgkin, EdD, professor of nutrition and dietetics at the LLU School of Allied Health Professions.

By limiting participants to a daily regimen of a mere 100 to 150 microequivalents of sodium, 800 to 1,200 milligrams of calcium, and 1 to 1.2 grams per kilogram of body weight of protein, Dr. Hodgkin

eliminated variance in individual food choices that might have influenced the outcome of the study.

“The only bad thing about the diet,” Dr. Baldwin shares, “is that I didn’t want to eat any low sodium tomato soup. Regular tomato soup has tons of salt; that’s what it takes to make it taste good. Take away the

sodium and it is almost unbearably bland.” Nevertheless, Dr. Baldwin and the other research subjects swallowed their soup in the name of science.

“The study was broken into three different phases of two weeks apiece,” he reports.

At the beginning of the study, each participant contributed two urine samples 24 hours apart to establish baseline levels of urinary citrate.

In the first week of phase one, participants were required to drink two liters of water per day. On the fourth and fifth days, urine samples were collected so differences in all urinary solute levels could be monitored. The second week of phase one was what Drs. Baldwin and Olgin term a “wash-out period” in which participants resumed their normal patterns of fluid consumption.



Duane Baldwin, MD, and Gaudencio Olgin, MD, have sweet advice for people suffering from kidney stones: drink diet lemonade. The pair says two liters of diet lemonade per day inhibits the formation of the painful stones. Dr. Baldwin is professor of surgery at Loma Linda University School of Medicine, and Dr. Olgin is a fellow in endourology.

During the first week of phases two and three, some participants were given two liters of regular lemonade per day while others were given the same amount of diet lemonade. Neither group knew which drink they were given.

In the first week of phase three, participants who had received regular lemonade during phase two were given diet lemonade, and vice versa.

As in phase one, urine samples were collected on the fourth and fifth days of phases two and three, and the second weeks of those last two phases were wash-out periods.

Once samples were collected, they were sent to the clinical labs of Litholink Corporation, in Chicago, for analysis.

“John Asplin, the medical director of Litholink, ran the results for us free of charge since this is a research study that will benefit many patients,” Dr. Baldwin notes.

When the numbers came back from the lab, researchers pored over the data.

“We’re still not finished analyzing all the data,” Dr. Olgin reports. “We published an abstract at the American Urology Association meeting, which was held in Atlanta in March.”

The abstract—titled “Prospective, randomized comparison of regular and diet lemonade upon risk for urinary stone formation”—will be revised for publication in a scientific journal once all the numbers have been crunched. For now, however, Drs. Baldwin and Olgin and their colleagues are excited about what they’ve learned so far.

“The most significant finding to date,” Dr. Baldwin explains, “is that diet lemonade yielded the highest urine output.”

“Yes,” Dr. Olgin concurs, “and that diet lemonade delivers the highest concentration of citrate.”

The two findings support the same conclusion: diet lemonade is a great and inexpensive ally in the fight against kidney stones.

Open house showcases outreach organizations

By James Ponder

Three outreach organizations of Loma Linda University Health—the Institute for Community Partnerships (ICP), Global Health Institute (GHI), and Students for International Mission Service (SIMS)—held a collective open house and progressive lunch on Tuesday, December 11, to introduce an estimated 175 visitors to their new offices and raise awareness of the services and programs they offer.

According to Jan Zumwalt, MBA, MS, associate director of GHI and executive director for international affairs at Loma Linda University Medical Center, moving the three entities next door to each other was a positive step.

“Because we serve departments, employees, and students throughout the Medical Center, University, and Shared Services, it is a blessing to be more centrally located on campus,” Ms. Zumwalt observes. “Our

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LOMA LINDA UNIVERSITY

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Volume 26, No. 1 | Friday, January 25, 2013

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